



Murray Bridge Basketball Association

HEALTH POLICY AND GUIDELINES

Good health is in the interests of all basketball participants. The following health policies and guidelines enable Murray Bridge Basketball Association to better deal with some of the emergencies and potentially dangerous situations that may arise.

Medical History Form

A "Medical History Form" is to be completed by all players, officials and coaches.

1. Coaches and Team Managers will be responsible for making themselves aware of their players' medical history, which they will keep confidential.
2. Coaches and Team Managers will be aware of medications that individual athletes require.
3. All Medical History Forms will be kept in the administration area or with the Secretary/Club Registrar of the Club they are registered to and only accessible to authorised personnel.
4. Copies of forms for people with medical conditions will be held by Clubs and/or the Association in a secure, portable container.

First Aid

First aid and immediate injury management are important in the prevention and treatment of injuries at the time they occur. Murray Bridge Basketball Association will ensure that:

1. A fully stocked first aid kit is available.
2. A designated Association official will be responsible for the maintenance of first aid supplies.
3. Ice will be available during competitions. The responsibility for this will be a designated Association official.
4. The UIC/Court Supervisor will be the designated first aid person for the Association.
6. In the absence of the UIC/Court Supervisor the Development Officer or a Committee Member with first aid qualifications will be the designated first aid person for the Association.

Accident/Injury Records

Monitoring all accidents and injuries is a useful way of identifying preventable hazards associated with basketball or the facility.

1. Accident/Injury/Incident record forms will be maintained by the Association. (See attached record form.)
2. Accident/Injury/Incident record forms may also be used to satisfy insurance queries.
3. Accident/Injury/Incident record forms are reviewed at the end of each season to identify trends so that preventative measures can be taken.

Extreme Weather Policy

In general, the Murray Bridge Basketball Stadium should be of a standard to provide satisfactory playing conditions throughout the year. Safety and comfort of our members is important.

Please refer to our Hot Weather Policy for further details.

Please note that a separate Hot Weather Policy exists for our Bridge Hoops sessions. When a game is cancelled by Murray Bridge Basketball Association, training may not be substituted.

The Sports Medicine Australia website is a source of further information about extreme weather in sport. <https://sma.org.au/resources-advice/policies-and-guidelines>

Infectious Diseases

1. The Sports Medicine Australia Infectious Diseases Policy will be strictly adhered to at all times. <https://sma.org.au/resources-advice/policies-and-guidelines>
2. This policy will be distributed to all coaches, officials and players.
3. The Association will strictly adhere to the 'blood rule' guidelines as set out in the rules of our game and as set out in the above-mentioned policy.
4. Sharing of water bottles will not be permitted.
5. First aid and medical staff will follow the Sports Medicine Australia policy with regards to handling bleeding wounds.

Children in Sport

Murray Bridge Basketball Association policy on the participation of children in sport is based on the children in sport guidelines produced by Sports Medicine Australia and the Australian Sports Commission. <https://sma.org.au/resources-advice/policies-and-guidelines>

Pregnancy in Sport

Murray Bridge Basketball Association encourages women participants to seek medical clearance prior to participation whilst pregnant.

We adhere to the Basketball Australia guidelines for participation regarding pregnancy and basketball. <https://australia.basketball/about-ba/policies/>

Alcohol and Other Drugs Policy

Murray Bridge Basketball Association is committed to ensuring the health and wellbeing of all members.

The use of alcohol and drugs is a major health issue in Australian society today. The Association will therefore attempt at all times to minimise the harm arising from alcohol and other drug use and to promote health by encouraging the moderate and responsible use of alcohol and to discourage the excessive and illicit use of any drug, including alcohol.

1. Murray Bridge Basketball Association strongly discourages the consumption of alcohol before, during and immediately after participation.
2. In the interests of the health, comfort and safety of all patrons Murray Bridge Basketball Association actively encourages a responsible alcohol consumption environment.
3. Murray Bridge Basketball Association's policy on the use or misuse of illicit drugs or substances reflects the National and State guidelines.
4. Any person presenting for a match or practice who, in the opinion of the Coach or an Official, is under the influence of alcohol or other drugs will be asked to leave the stadium.

Smoke Free

For the health and safety of our participants and patrons smoking is prohibited in all areas of the Murray Bridge Basketball Stadium. Please refer to our Smoking Management Policy.

Asthma Management

Coaches and Team Managers are aware of the participants with Asthma and encourage these individuals to have up to date Asthma Management Plans.